



40 Maple Street  
P.O. Box 187  
Ellington, CT 06029

**Hours:**

**Mondays:**  
8:30am-6:00pm

**Tuesdays:**  
8:30am-4:00pm

**Wednesdays:**  
8:30am-4:00pm

**Thursdays:**  
8:30am-4:00pm

**Fridays:**  
8:30am-1:30pm

**Main Line:**  
860-870-3133

**Transportation Line:**  
860-870-3137

**Meet Our Staff:**

**Director:**  
Erin R. Graziani

**Assistant Director:**  
Samantha "Sam" Baer

**Administrative Secretary:**  
Alisha Goss

**Bookkeeper:**  
Sue Maheux

**Drivers:**  
Ken McCarthy  
Jeanne Magurany  
Mark Balkan

**Transportation Secretary:**  
Jasbir Jutla

**Newsletter Volunteers:**

Anna Hyde  
Judy Varney  
Janet Wieliczka

# Maple Street Monthly

## Ellington Senior Center Newsletter

Visit us online: <http://seniorcenter.ellington-ct.gov>

**December 2019**

Greetings,

Holidays can be a stressful time of the year. We welcome you to come to the special program "The Science of Stress & Anxiety" on Tuesday, December 3 at 1:00 pm, presented by Joan Harovas, RN of Trinity Health.

Mary Regan, Choral Director, invites you to come and listen to the Ellington Singers as they perform a special Holiday Concert on December 4th at 10:30 am. This is a free program; however, you must get a ticket in advance for seating. Light refreshments served.

Remember to visit us for our Annual Spectacular Holiday Craft & Vendor Fair on Saturday, December 7 from 9am-1pm. We sure hope to see you here!

The National Honor Society Members will be hosting "Cookies & Carols" Monday, December 16 from 4pm-5pm. Again, this is a free event, but a ticket is required for seating.

The winter season is upon us! As a reminder, when the Ellington schools are closed or delayed in opening, the Senior Center follows the same schedule. When the Senior Center is closed, there are no programs, and no transportation services. For delayed openings, the Center does not open until 10:30 am, so any programs scheduled before this time are cancelled. For example, Singers are scheduled for 10:00 am. They would be cancelled in the event of a delay. Also, transportation services will not be offered before 10:30 am. This winter policy is for your safety.

Sincerely,  
*Erin R. Graziani,*  
Senior Center Director



Like us on  
Facebook!

### December Holiday Festivities

Ellington Singers  
Holiday Concert

Wednesday,  
December 4  
10:30 am  
Free - Ticket Required

Holiday Craft  
&  
Vendor Fair

Saturday,  
December 7  
9:00 am-1:00 pm

Cookies &  
Carols

Monday,  
December 16  
4:00 pm  
Free - Ticket Required

### ***OUR MISSION:***

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational, and healthy activities and programs.



## SPECIAL EVENTS - Sign up in the Info Center for the Following Programs:

### Acrylics On Canvas

Tuesday 12/3  
10am-12pm



Tuesday 12/17  
10am-12pm



*A Painting Workshop*  
Instructed by: *Sandy Poirier*

\$10 per project

Please see Alisha to pay in advance.  
Cost Includes instruction and all supplies.



We will gladly accept donations of clean, unbroken, household tag sale items for our Attic Treasures sale held on December 7. Items may be dropped off beginning November 25 (no sooner, please).

### GUY TALK

Wednesday, December 4 at 1pm

Exercise Physiologist, Bruce Brazeal, will discuss strengthening/toning/cardio for men as they age.

Hartford HealthCare  
Bone & Joint Institute



FREE  
Sign up in advance.



### The Science Of STRESS and Anxiety!

**Tuesday, December 3**  
**1:00pm**

Presented By: Joan Harovas, RN  
Integrative Medicine Practitioner  
Assisted By: Sam Baer



Trinity Health | Johnson Memorial Hospital  
Of New England

### Holiday Craft & Vendor Fair

Saturday, December 7  
9:00 am-1:00 pm

Get your holiday shopping done, and join us for a variety of handmade items, local merchants, door prizes, attic treasures, and more!

Lunch will be available a la carte from the Maple Street Café from 11:00 am—12:30 pm.

Please Join Us For The

### Ellington Singers Holiday Concert Wednesday, December 4 10:30am

Concert is Free.  
Tickets required in advance.  
Please see Alisha for your ticket.

### TED TALKS IDEAS WORTH SPREADING

Join us for a brief video, followed by discussion:

Tuesday, December 10 at 1:00 pm

Tim Urban - Inside the Mind of a Master Procrastinator

Tuesday, December 17 at 1:00 pm

Daniel Levitin - How to stay calm when you know you'll be stressed





**Monday, December 16**  
**4:00pm**

Members of the National Honor Society invite you to join them for a holiday sing-a-long and treats.

**Sign up in advance in the Information Center by 12/13 so they can plan accordingly.**

## History For Fun

*With Joe Ouellette*

**Industrial Giant**  
**OR**  
**ROBBER BARONS??**



*Wednesday,*  
*December 18*  
*1:00pm*

### Maple Street Café Update

The *Maple Street Café*  
will be closed  
the months of  
December and January  
and a reopen date will be  
announced in the near  
future!

*Thank you for all your  
support!*

### Volunteer Meeting

Thursday, December 19  
1:00 pm

Facilitated by: Erin Graziani, Director

All members of the Ellington Senior Center are invited, encouraged and welcome to participate in these meetings. Craft Fair follow-up to be discussed.

Suggestions welcome.



Appointment Scheduling Begins  
**January 2: Ellington residents**  
**January 23: Non-residents**

Trained volunteers offer free in-person preparation and assistance. Stop in or call Alisha to schedule an appointment:  
860-870-3133

Appointments will be made on Thursdays,  
February 6-April 9 between 9am-1pm.

### Ellington Singers December 2019 Schedule



Monday, 12/2, 2:00pm  
Woodlake

Wednesday, 12/4, 10:30am  
Ellington Senior Center

Friday, 12/6, 6:00pm  
Hall Memorial Library

Monday, 12/9, 2:30pm  
Village at Buckland

**Acceptable Forms of Payment for all Programs/  
Classes: Cash or check, made payable to: SCAF  
(Senior Citizen's Activity Fund)**



## HEALTH, WELLNESS & FITNESS

The rates for our fee-based classes are listed below. If you need more information about any of the classes, please speak with one of the front desk volunteers or a staff member. See the calendar page for schedules.



Instructor: Kristina Tedford

Mondays 9:00 am-9:45 am

4 week session: 11/25, 12/2, 12/9, 12/16

Residents \$20 Non-Residents \$24

Classes after this session will be "winter walk-in's":

Residents \$5; Non-residents \$6

Sessions will resume in April.

### Tai Chi for Arthritis & Fall Prevention



Instructor: Sam Baer

Residents: Free

Non-Residents: \$3

Mondays at 2:00 pm

Join Sam for a slow, gentle class, suitable for all, especially those with arthritis and issues with balance. Participate standing or in a chair. This Sun style class is evidence based and recommended by the CDC to be effective at preventing falls.

### Fitness Classes with Linda Stein

See Calendar for Schedule. Bring a water bottle.

#### Chair Exercise

Tuesdays & Thursdays

10:00 am-10:45 am

Residents \$4 Non-Residents \$5



#### Simple Circuit<sup>\*</sup>, #

Tuesdays & Thursdays

11:00 am-11:45 am

Residents \$7 Non-Residents \$8



<sup>\*</sup>Session discount available    #Bring a mat

### GENTLE YOGA



Fridays 9:00 am—10:00 am

Residents: Free

Non-Residents: \$3

Bring your own mat.

All levels welcome. Walk-in

### CHAIR YOGA

Fridays 10:30 am - 11:15 am

Residents: Free

Non-Residents: \$3

All levels welcome. Walk-in.



Instructor: Sam Baer, RYT200

### Advanced Line Dancing

Instructor: Nicole Gagne

Mondays 11:00 am—12:30 pm

8 Week Session Rates (no walk-ins, max 20):

10/21, 10/28, 11/4, 11/18, 11/25, 12/2, 12/9, 12/16

Note: This program will be on hiatus during the months of January and February.

### Podiatry Clinic

Wednesdays, December 4 & January 8

9:00 am-3:00 pm

Fee Applies.

For more info or to schedule an appointment call Kathy Brennan at Pedicare: 860-202-3021.

### Winter Weather Policy Reminder:

If the Ellington Public Schools are closed or delayed due to weather, so is the Senior Center. All programs that begin before the delayed opening time are cancelled.

### Ask the Nurse



Tuesday, December 10

12:30 pm-2:00 pm

Do you have a question about a condition or illness? Need info on a health topic? Need your blood pressure or blood sugar checked? Walk-in. Free



## TRANSPORTATION, MEMBERSHIP & REGISTRATION

### EMATS: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

#### TRANSPORTATION HOURS, SCHEDULING & FEES

Transportation Services are offered five days a week for social activities and medical appointments.

**Please call the Transportation  
Line at 860-870-3137**

to request a "Transportation Packet" that provides you with the program's rules and regulations, or to make an appointment.

Normal hours for medical transportation are offered:

Monday – Thursday:

9:00 am-2:30 pm,

Fridays: 9:00 am-10:30 am.

The Annual Suggested Donation for Transportation is \$30.00.

A \$3.00 donation fee per round trip is suggested and appreciated.

***Got errands & need a ride?  
We can help!***

#### **SHOPPING**

**Big Y &  
Stop and Shop,  
Every Friday**



*We'll bring your groceries in.*

#### **My To-Do List**

Date ☒ Item

☐ Senior Center

☐ Town Hall

☐ Library

☐ Doctor's Appointment

☐ Physical Therapy

☐ Grocery Store

☐ Bank

☐ Post Office

#### **HISTORY**

Transportation services began in 2001 for social programs.

In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA).

Funded in part, by the "Older American's Act."



If the Ellington Public Schools are closed (due to hazardous weather conditions) the Senior Center is also closed. No transportation will be provided.

Also, in following the holiday schedule, on half days

(Wednesday, 11/27 and Tuesday, 12/24) transportation is only available until noon.

## Membership

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current **Annual Registration** on file. Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration.

We ask that you sign in using your "My Senior Center" card for each program you attend.

## REGISTRATION & PAYMENTS

Several of the programs offered are free and members are welcome to attend on a walk-in basis. Some programs require pre-registration and will be stated as such in the description.

Sign-up sheets for these programs will be located in the **Information Center**. Please ask the receptionist if you need help. Program registrations are accepted on a first come, first served basis, with preference given to Ellington residents. Please see the Administrative Secretary for programs requiring payment. Partial payments are not accepted unless otherwise specified.

#### **IMPORTANT:**

**All payments for programs are non-refundable, and make-up classes are not permitted unless the Senior Center cancels.**

Copies of the Handbook & Operating Procedures for Senior Center Programs, forms, and detailed/updated information on all programs, special events, trips, and volunteer opportunities can all be found in the Information Center and online at: <http://seniorcenter.ellington-ct.gov>



## 2020 TRIPS ARE HERE! Flyers with full information are coming soon!

DATE	DAY TRIPS	COST
Saturday, April 18, 2020	MGM Springfield Casino & Show ("9 to 5") at the Majestic Theater.	\$60
Wednesday, May 20, 2020	Hartford Yard Goats Baseball Game. Includes transportation, Tour Director, game ticket, Exclusive seats in the Party Porch Buffet Lunch.	\$88
Thursday, June 25, 2020	Thimble Islands Cruise & Chowder Restaurant, Branford, CT	\$105
Sunday, July 19, 2020	Hudson River Cruise & Sunday Brunch at Shadows on the Hudson, Poughkeepsie, NY	\$112
Tuesday, September 29, 2020	Oktoberfest at Gavin's Resort in the Catskills	\$103
Friday, October 16, 2020	Turkey Train Winnepesaukee Railroad, NH	\$113
<b>OVERNIGHT TRIPS &amp; CRUISES</b> ***Call Friendship Tours to book this trip: 1-800-243-1630		
April 25, 2020 - May 2, 2020  *** CRUISE	California Coastal Cruise including round trip flight to LA, 7 nights aboard Royal Princess, San Francisco, Monterey, San Diego, Ensenada Mexico.	Starts at \$2149
September 1, 2020 - September 17, 2020  *** CRUISE	Escorted Trans-Atlantic Cruise on Royal Caribbean's Brilliance of the Seas. Sail Amsterdam to Boston. Norway, Iceland, Greenland. 17 days/15 nights.	Starts at \$2999
September 14, 2020- September 16, 2020	Conway, NH, Overnight includes: Transportation and lodging, Castle in the Clouds, Mt. Washington Cog Railroad, Lake Winnepesaukee Turkey Train.	Starts at \$519
November 5, 2020 - November 15, 2020  ***CRUISE	Escorted 7 night Hawaiian Islands Cruise on NCL's Pride of America. Includes roundtrip transportation, accommodations, and sightseeing. Honolulu, Oahu; Kahului, Maui; Hilo, HI; Kona, HI; Nawiliwili, Kauai, USS Arizona Memorial & USS Battleship Missouri, and more!	Starts at \$4999
November 10, 2020- November 12, 2020	Lancaster, PA Overnight includes: Transportation and lodging, "Queen Esther" at Sight & Sound Theatre, Amish Countryside Tour, Miller's Smorgasbord, and "A Playhouse Christmas".	Starts at \$555

**DAY TRIPS:** Payment is due in full upon signup.

**OVERNIGHT:** Deposit is due upon sign-up. Each trip flyer indicates when full payment must be made.

Flyers will be posted in the Information Center and on our website as they become available.

Sign up is available as soon as the trips are posted. Early sign up is recommended.

For more information, or to sign up for a trip, see our Administrative Secretary, Alisha.  
All trips are subject to change and are non-refundable unless the Senior Center cancels.

Acceptable forms of payment for all trips: Cash or check made payable to:  
SCAF (Senior Citizen's Activity Fund); Credit cards may be accepted for cruises.